Operating and Maintaining the P80 Console

PRECOR

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PRECOR®

Edition Information

OPERATING AND MAINTAINING THE P80 CONSOLE

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Important Safety Instructions

Important: *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

WARNING **To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.**

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.

- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

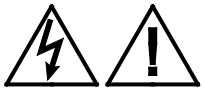
  French equivalent of the above notice, for Canadian markets: *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.

- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Proper Location for Equipment
    - For all equipment other than treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
    - For treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.

  Important: *These location standards should also be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

Important: *An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.*

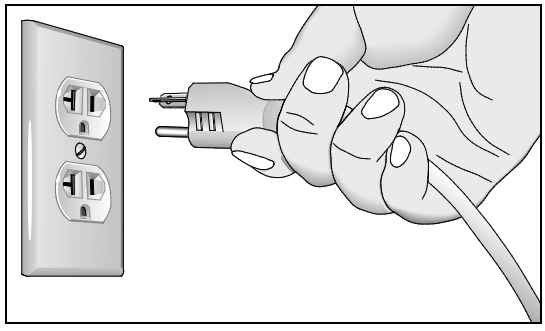


Figure 1: North American 120-volt, 20-amp power receptacle

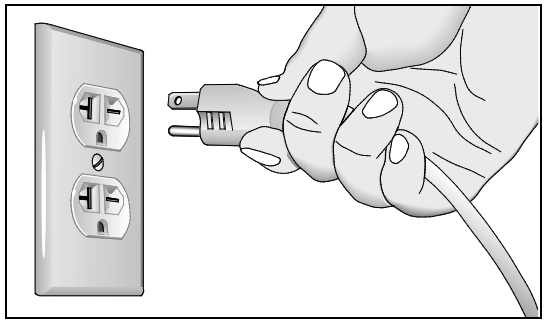


Figure 2: North American 240-volt, 20-amp power receptacle

Electrical Recommendations: All Equipment Excluding Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit the number of screens must be reduced by the wattage of the other devices.

Note: The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.

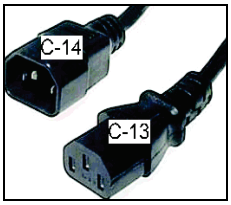


Figure 3: IEC-320 C13 and C14 plugs

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at *http://www.precor.com.*

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Chapter 1

Getting Started

The P80 console offers administrators and users the ability to set default settings that meet their specific needs. To accomplish this, the console supports settings for different classes of users depending on their administrative rights.

- A **guest user** exercises on a piece of equipment without signing in or creating a user profile.
- A **registered user** uses a sign-in password or Preva™ Pass and creates a user profile.
- A **registered service technician** uses a sign-in password or Preva™ Pass with extra permissions to administer console settings.
- An **administrator** is always registered, uses a sign-in password or Preva™ Pass, and has full access to the console settings.

Changes to the Personal Information and Preference settings are saved to a registered user's profile. An unregistered user can change preference settings; however, because they lack a user profile, those changes are not saved, and apply only to their current workout.

Identifying Parts of the Console

The following figure provides information about the console keys. The number and actions of the console keys may differ slightly depending on the type of equipment.

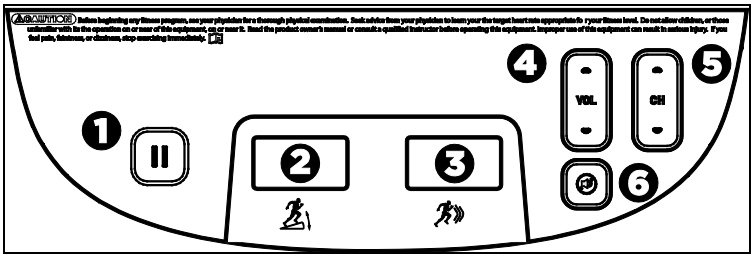

Figure 4: P80 console keys

Table 1. Key descriptions for the P80 console

Number	Key Name	Detail
1	Pause	Stop the equipment
2	Incline/CrossRamp® Indicator	Appears on treadmill, elliptical, and AMT with Open Stride™
3	Intensity Indicator	Also called Speed or Resistance indicator depending on equipment type
4	Volume Up/Down	Increase or decrease volume
5	Channel Up/Down	Change TV channel
6	Mute	Turn the volume on or off

Using the Treadmill Safety Clip

The treadmill is equipped with two different stop functions, which behave as follows:

If the user ...	*Then the treadmill belt ...*	*And the console ...*
Presses down on the red STOP button ❷	Slows to a stop	Shows that the exercise workout is paused
Pulls on the lanyard attached to the safety clip and trips the restart switch ❶	Slows to a stop	Shows the words PUSH TO RESET SWITCH and an arrow pointing to the Restart switch

The restart switch is located just below the console and immediately behind the red **STOP** button, as shown in the following figure. When it is tripped, the bar pops up, displaying the words **PUSH TO RESET SWITCH** on its front side. The treadmill does not operate while these words are visible.

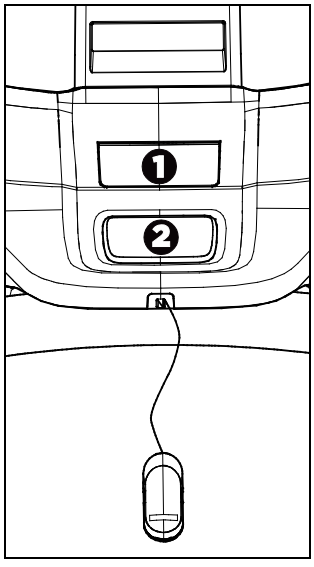

Figure 5: Restart switch

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

If the restart switch trips during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

   Note: If the restart switch trips, all information about the current workout is deleted.
3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

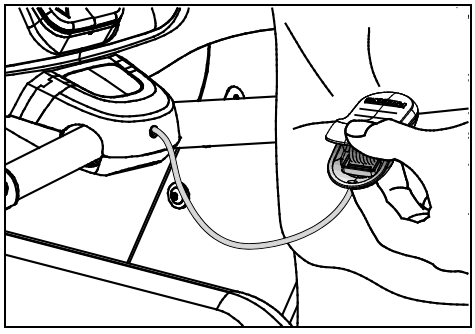

Figure 6: Attaching the safety clip

Treadmill Auto Stop™ (Automatic Stop) Function

Important: *The default setting for this feature is ON. An administrator can turn off this feature in the System Settings; however, Precor recommends it remain ON.*

The Auto Stop™ (Automatic Stop) feature is designed to bring the treadmill to a gradual stop when it is not in use. This might occur if a user steps off the treadmill before the end of a workout and leaves the treadmill running.

Sixty seconds after a treadmill workout starts or resumes, the equipment begins Auto Stop monitoring. If a user is detected, then no message appears, and the selected workout continues.

If no user is detected after an additional 30 seconds, the console displays the message **NO USER DETECTED, STOPPING IN 10 SECONDS** as notification of the pending stop. During the display of this message, a ten second countdown begins. If a user does not override the countdown, the belt comes to a gradual stop after the countdown is complete.

Note: Users weighing more than 90 pounds (41 kg) are detected within the speed and position limits of the feature. Users weighing 50 pounds (22.7 kg) to 89 pounds (40.5 kg) may not be detected depending on their speed and location. Always be aware of and follow the console's instructions for proper operation.

Chapter 2

Configuring the System Settings

Use the System mode to configure settings in ways that benefit your users and your facility. The System menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

Important: *A special code is required to access these settings. Do not share this code with anyone except those authorized to change system settings.*

The System menu contains the following settings:

- About
- Equipment Usage
- System Settings

To view the System menu:

1. On the Welcome screen, press and hold **Pause**.

Figure 7: Pause key

2. While holding **Pause**, press each of the following keys **once** in the order presented. Referring to the diagram below, press:

   1 2 3 4

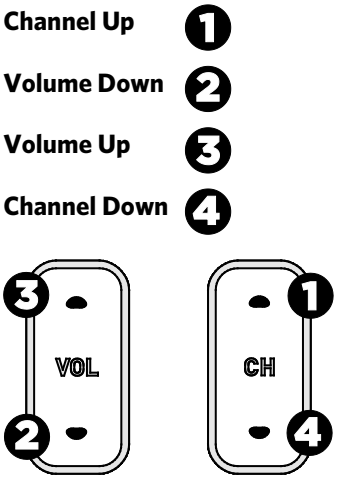

Figure 8: Settings security code

3. Release **Pause**.
4. Using the number pad on the screen, touch the following numbers to enter the password:

   5 6 5 1 5 6 5

5. Touch **OK.**

About

System information settings provide basic information including equipment models and serial numbers. Most of these settings are for informational purposes only and cannot be modified.

To view the System Info settings menu:

1. Use the administrator code and password to view the equipment settings.
2. Touch **About**.

Table 2. About settings

Setting	Access	Detail
Event Log	**Admin/Tech:** View	Provides a list of the most recent hardware and software events, and equipment status. If no events have occurred since the last time the event log was cleared, the event log screen will be empty.
Event Count	**Admin/Tech:** View	Number of events recorded by equipment.
Console Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Lower Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Location	**Admin/Tech:** View Modify	Entered on console at time of registration.
Release Bundle Version	**Admin/Tech:** View	Shows current version and a list of past software updates. Automatically updates as part of each software upgrade.
ETag Check Interval	Only Precor service technicians can modify this setting.	Stored in the console's memory.

Setting	Access	Detail
Heartbeat Interval	Only Precor service technicians can modify this setting.	Determines how often the console communicates with the server.
Minimum Heartbeat Interval	Only Precor service technicians can modify this setting.	Minimum number of times that the console communicates with the server in a given time period.
Maximum Heartbeat Interval	Only Precor service technicians can modify this setting.	Maximum number of times that the console communicates with the server in a given time period.
Mfe MAC Address	**Admin/Tech:** View	Stored in the console's memory.
Network Time Server 1	Only Precor service technicians can modify this setting.	
Network Time Server 2	Only Precor service technicians can modify this setting.	
Network Time Server 3	Only Precor service technicians can modify this setting.	
Machine Type	**Admin/Tech:** View	Type of equipment.

Equipment Usage

The Equipment Usage settings provide information on individual usage as well as cumulative equipment usage. This information and these settings are accessible only to administrators and registered service technicians.

To view the Usage settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **Equipment Usage**.

Table 3. Equipment Usage settings

Setting	Access	Detail
Cumulative Workout Seconds	**Admin/Tech:** View	Total number of seconds. Seconds are counted when the workout clock starts.
Cumulative Workout Distance	**Admin/Tech:** View	• Treadmills will report miles of use • AMTs will report a "horizontal distance" miles or strides depending on equipment model • Ellipticals will convert total strides to miles • Bikes will convert total revolutions to miles
Cumulative Workout Sessions	**Admin/Tech:** View	Total number of sessions. A session is counted if the summary screen displays.
Last Workout Start Date Time	**Admin/Tech:** View	The date of the start of the last workout.
Last Workout End Date Time	**Admin/Tech:** View	The date of the end of the last workout.

System Settings

Use the System Settings to test your equipment and set parameters that benefit your users and your facility. The System Settings menu is visible only to administrators and registered service technicians.

The System Settings menu contains the following sections:

- Connectivity
- Display
- TV Settings
- Workout Limits
- Manage Settings

Precor recommends that you configure the P80 consoles in your facility by sharing setting files. Configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

Once you have done this, you can export the settings for that type of equipment onto a USB drive and then import those settings into other P80 consoles installed on equipment of that type.

For more information, refer to *Manage Settings*.

Connectivity

Configuring your audio, video, and network infrastructure requires expertise. Precor strongly recommends that you work with a qualified contractor to set up this infrastructure.

This setting provides the following information

- Network Type
- Configuration
- Status
- IP Address
- Preva Server

To view connectivity information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Connectivity**.

Table 4. Connectivity settings

Settings	Default	Detail
Network Type	Wired	
Configuration	Automatic	Automatic or Manual Press Network Settings to view the • IP Address • Netmask • Gateway • DNS Primary • DNS Secondary
Status		Connected or Not Connected
IP Address		Location-specific
Preva Server		URL region-specific

Display

These settings are configurable per console, but can also be configured using Preva™ Business Suite. The equipment must be inactive before you can change the display settings. Fitness equipment is defined as inactive if all of the following conditions are true:

- No registered users have logged in.
- The frame parts of the equipment are not moving.
- The touch screen has detected no input.
- No buttons have been pressed.

To view the Display settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Display**.

Table 5. Display settings

Setting	Setting Options	Default Value
Default Language	Varies depending on software version	English
Measurement Units	US Standard Metric	US Standard
Standby Mode Delay	• 5 Minutes • 15 Minutes • 30 Minutes • 60 Minutes	15 Minutes
Time Zone	GMT —12 through GMT + 12	GMT-06 Pacific Time (US & Canada)
Internet Browser Access	On/Off	Off
Preva™ Net Panel	On/Off	Off

TV Settings

TV Settings help you set up television channels for your users.

The TV Settings are:

- Channel Guide
- Region
- Default Channel
- Skip Unnamed Channels
- Extensive Scan
- Closed Captioning
- Export/Import Channel Names

To view TV Setting information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**.
3. Touch **Display**, then **Channel Guide**.

Channel Configurations

There are two different ways to set up the TV channel configurations for the P80 console. You can scan for available channels or add channels manually.

Precor recommends that you set up one P80 console per equipment type with channel definitions as well as channel text, and then export those settings to your other P80 consoles. This method ensures that all P80 consoles in your facility have the same configuration.

To scan for available channels:

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Channel Guide**, then **SCAN**.

   The console scans available channels, and all available channels appear on the screen.

   Note: If there are analog channels missing from your list, run an extensive scan to pick up missing channels or channels with weaker signals.

To run an extensive scan:

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Extensive Scan**.
   Note: This scan may take up to two hours to complete.

To delete a channel from the Channel Guide:

1. On the Channel Guide screen, touch the listing for the channel you want to delete.
2. Touch the **Delete** button that appears next to the listing.
3. When asked "Are you sure?", verify that you want to proceed, then touch **Yes**.

Table 6. TV Settings

Settings	Detail	Default
Channel Guide	Use to scan basic channels	
Region	Select the appropriate region for your location.	United States
Default Channel	Set a default channel for the equipment. This is the channel that will display when the TV is turned on.	
Volume Correction		0
Skip Unnamed Channels	Use to screen out channels that are not valid or encrypted.	Off
Extensive Scan	Run to identify analog channels missed by the basic scan or channels with weak signals. Takes up to two hours to complete.	Off
Closed Captioning	Select ON if you want closed captioning to appear on your TV screen.	Off
Export/Import Channel Names	Import the channel names once a basic channel scan is complete.	Off

Editing the Export/Import Channel File

Note: You will need to scan for channels before you can export the file. If you have not scanned for channels, refer to Channel Configurations in the preceding section.

Exporting the channel list from the fitness equipment creates a file called channel-list.ini. This file can be used to specify channel names in languages that are not yet supported by the P80 console.

To export this file from your console:

1. Enter your code to view System Settings. To locate your code, refer to *Configuring the System Settings*.
2. Insert a USB drive into the console.
3. On the Settings menu, touch **System Settings**.
4. On the System Settings menu, touch **Manage Settings**, then **Export to USB**.
5. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
6. Touch **Export to USB**. The channel-list.ini file is saved on your USB drive in the /precor folder.
7. Remove the USB drive from the console and insert it into your computer.

To edit the file and reload it:

Note: You will need a UTF-8 capable editor program to open the channel-list.ini file. Such programs are available free on the internet.

1. Using the editor, open the channel_list.ini file and edit the channel names on the right side of the equal sign. Do not change the information on the left side of the equal sign, or the equal sign itself.
2. Save the file and close the editor. This prevents read or write errors to the USB drive.
3. Remove the USB drive from your computer and reinsert it into the same console you used for your initial export.
4. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
5. Touch **Import from USB**. The updated channel-list.ini file is loaded and the Chanel Guide displays the updated channel names.

The updated .ini file and channel configurations can be exported to a USB drive along with other equipment settings and uploaded to other P80 consoles mounted on the same type of fitness equipment.

For more information, refer to *Manage Settings*.

Workout Limits

The Workout Limit settings give you control over how the equipment is used. Use these settings to create reasonable limitations for equipment usage including speed, incline, resistance, and duration.

In general, fitness equipment use is based on its popularity with users, and its availability during a site's busiest times of day. Settings to enforce time limits will help locations restrict user usage during the busiest hours to provide more access to equipment for more users.

Workout Limit settings are not associated with or saved as part of a user profile and users do not have access to them. Both administrators and service technicians have view and modify access rights.

To modify the Workout Limits settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Workout Limits**.

Table 7. Workout Limits settings

Setting Name	Setting Options	Default Value
Maximum Workout Duration	Use on-screen keypad to enter the maximum workout duration allowed on this fitness equipment	60 minutes
Maximum Pause	• 1 second • 5 seconds • 15 seconds • 30 seconds • 60 seconds • 120 seconds • 300 seconds	30 seconds
Summary Time Out	• No Time Out • 30 seconds • 60 seconds • 120 seconds	60 seconds
Resistance Range	• Low • Medium • High	Medium
Speed Limit (Treadmill)	1-16 mph	16 mph
Incline Limit (Treadmill)	0.5-15 (Incline range is -3 to 15)	15
Autostop	• On • Off	On

Manage Settings

Use the Manage Settings feature to save your personalized equipment settings to a USB drive, or to import new software updates from a USB drive.

Precor recommends that you configure the P80 consoles in your facility by sharing setting files. The easiest way to do this is to configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

When your configuration is complete, export the settings file from the hand-configured console and then import this settings file to all P80 consoles installed on similar equipment types.

To save your equipment settings to a USB drive:

1. Insert a USB drive into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Export to USB**.
3. Touch **OK** to accept the export.

Note: This procedure exports the updated channel-list.ini file as well as the larger file containing equipment settings, network settings, and channel frequencies.

Once you have exported these settings, remove your USB drive from the console, and insert it into P80 consoles installed on similar equipment types to upload your personalized settings.

To import equipment settings from a USB drive:

1. Insert a USB drive loaded with your personalized settings into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Import from USB**.
3. Touch **OK** to accept the import.

Chapter 3

Introducing Users to the P80 Console

The P80 console offers clear visuals and a touch-screen layout that encourages program exploration. Multiple preset workouts are designed to help individual users meet their fitness goals, and the console keys and durable motion controls are responsive and easy to use.

Important: *Please review the following sections in this guide with your users before allowing them to use the fitness equipment:*

- *Important Safety Instructions*
- *Using the Safety Clip (for treadmill only)*
- *Educating Users*

Changing the Default Language

The Welcome screen displays in a default language selected for your region.

To change the default language before beginning your workout:

1. On the Welcome screen, touch the language icon.

Figure 9: Language icon

2. On the Language screen, select your language choice and touch **OK**.

   The screens will now display in your preferred language.

Using the Touch Heart Rate Feature

Note: Touch heart rate performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors are clean to ensure proper contact can be maintained.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. To ensure an accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heartbeats (15-20 seconds) for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.

- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the handheld grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

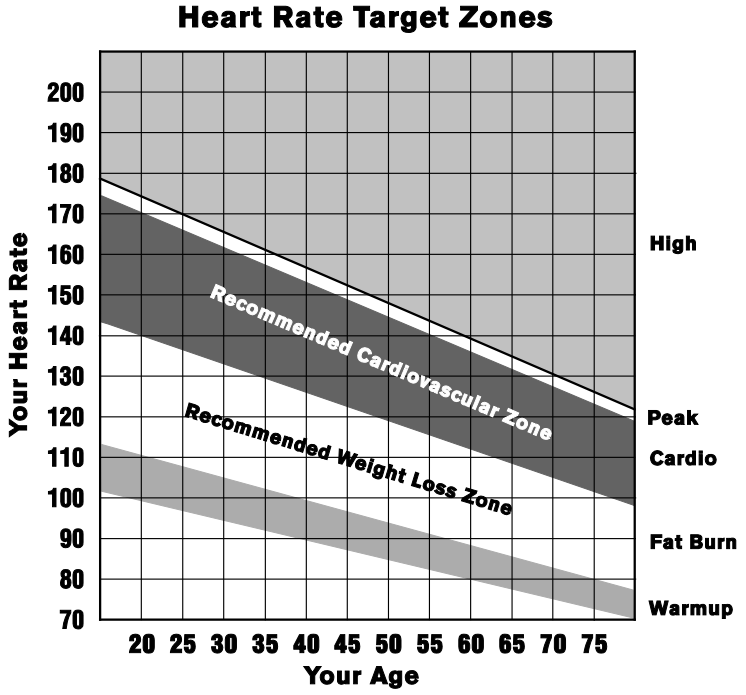

Figure 10: Heart rate target zones

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

Using a Chest Strap Transmitter

WARNING **Signals used by the Chest Strap Transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your Chest Strap Transmitter and implanted device before using a Chest Strap Transmitter.**

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

To use a chest strap transmitter:

1. Carefully dampen the back of the strap with tap water.

   Important: *Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.*
2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
3. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest.
4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

Using the View Channels and View Buttons

There are three primary screen views that make certain information visible during your workout. You can change the look and information provided on the screen by at anytime using the Views button.

- **Workout View** – Shows panels, icon bar, and the status bar. This view allows you to focus fully on your workout.
- **Status View** – Shows only the status bar and icon bar, leaving the center of the console for media viewing.
- **Media View** – Shows only media and the Views and Channel buttons. This view allows you to focus on media.

  Note: The name of the *Channels* button changes depending on the media you are using. For example, if you are watching a workout guide, the name of the button will be *Videos*.

  Preva™ **Net Featured View** – Shows the Internet content and provides full Internet browser access.

Changing Screen Views

The **Views** icon appears at the bottom right of the workout screen when the Personal Progress panel is visible.

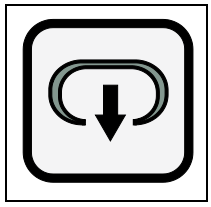

Figure 11: Views icon

To get to this panel:

- Press **Quick Start**.
- Press **Workouts**, select a preset workout, and then press **GO**.
- Select the Featured Workout on the Welcome screen by pressing **GO**.

To change views:

1. The default view is the Workout View. Slide the panels side to side on the screen to see the media panel.
2. Press **Views** twice to see the Status view.
3. Press **Views** a third time to make the Status Bar disappear leaving only the Media view.

Using the Media Panel

Use the Media panel to select a media source.

To choose a media source:

1. On a Workout Progress panel, touch the **Media** icon, or slide the right edge of the next panel across the screen.

Figure 12: Media icon

2. The **Media** panel describes the current media selection. Navigate this panel using the buttons to the right of the box.

Table 8. Media buttons

Button	Action
Previous Channel	Returns you to the previous media source or TV channel.
TV Channels	Displays the channel list.
Workout Guides	Displays a list of tutorial videos.
iPod®	Changes the source to iPod and updates the Media panel.
Off	Turns off all media.

Connecting and Using Your iPod®

You can listen to your favorite music and control your iPod directly from the console.

To connect your iPod:

1. Insert the iPod into the connector at the top of the console and place your iPod securely in the pocket provided.

   The media panel displays the words **Now Playing iPod** along with the name of the song currently playing.

2. Plug your headphones into the console.

   Note: Be sure that the headphones are plugged into the console and not the iPod. If they are plugged into the iPod, you will not be able to adjust the volume using the console keys.

3. To pause, touch the pause button.

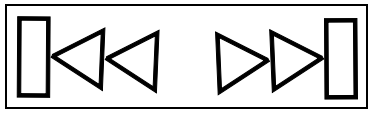

Figure 13: Track buttons

4. To hear a different song, touch the track buttons.

Using the Workout Progress Panel

Use the Workout Progress panel to customize your workout. This is the first panel that displays once you select a workout or press **GO**. If you are on the Media panel, there are two ways to return to the Workout Progress panel.

To return to the Workout Progress panel:

1. On the Media panel, touch the **Workout** icon, or slide the right edge of the next panel across the screen.
2. The **Workout Progress** panel describes the current media selection. There are buttons to the right of the box.

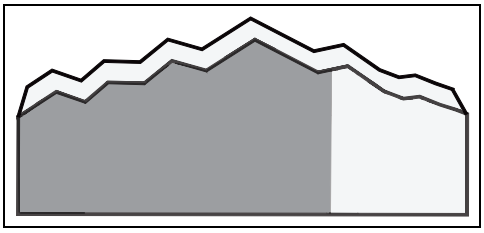

Figure 14: Workout Progress icon

Table 9. Workout Progress buttons

Button	Action
Workouts	Displays a list of goals and preset workouts available on that equipment.
Duration	Set the length of your workout.
Personal Info	Enter your age and weight.
Target	Choose Distance or Calories as a target for your workout session. Maximum distance: 50 miles. Maximum calories: 5000 calories.

Using the Preva Net Icon

WARNING **For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a *slow and relaxed leisurely pace.* Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.**

For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.

The Preva™ Net option provides Internet content and full Internet browser access. You can enabled or disabled this function in your facility systems settings.

To open Preva™ Net:

1. On the Welcome screen, touch **Workouts** or **QuickStart™** to begin a workout.
   Once your workout begins, the Preva™ Net icon appears at the bottom of your screen.
2. Touch the Preva™ Net icon.

Figure 15: Preva Net icon

3. On the Preva™ Net Featured panel, select one of the following options:
   - **Featured Sites** - displays feeds of specific interest during a workout
   - **All** - displays a larger selection of feeds
   - **Browser** - opens a browser window

Chapter 4

Beginning Your Workout

CAUTION: If you are using a treadmill, be sure to attach the security clip to your clothing before starting your workout.

The P80 console offers many different workout options. The following sections explain the type of workouts available and how to get started using them.

Starting a QuickStart™ Workout

The QuickStart workout begins your workout in the Manual mode. Default calculations, such as calories burned, are based on a 150 pound (68 kg), 35-year old individual. You can complete a workout using the default values, or you can personalize the settings.

To begin exercising immediately:

1. Touch **Quick Start**.

   The words **Enjoy Your Workout** (or **Starting Treadmill** when using the treadmill) appear on the screen and the Manual workout begins.

   Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.

2. At any time during a workout, you can press **Pause**. When you press it, the workout pauses and you can choose to **Resume** or **Finish** your workout.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Starting a Featured Workout

The Featured Workout appears in a panel on the Welcome Screen. Use Featured Workouts to explore the fitness benefits of preset programs and to add variety to your workout.

To begin a Featured Workout, touch **Go** on the **Featured Workout** panel.

Starting a Preset Workout

Preset workouts are a great way to tailor your workouts to your fitness goals, stay challenged, and add variety to your sessions.

Preset workouts use age and weight to calculate calories and heart rate targets. You can enter this information at the start of the workout. If no information is entered, the workout uses the equipment default settings to calculate workout values.

To begin a preset workout:

1. On the Welcome screen, touch **Workouts**.

   A Workouts screen appears.
2. Each goal heading on the screen can be expanded to view the workouts available in that goal group. To view available workouts for a particular goal, touch a workout heading for that goal.
3. To start a specific workout, touch the workout name, then touch **GO**.

   The words **Enjoy Your Workout** appear on the screen and the Manual workout begins.

   Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.
4. Anytime during a workout, you can press **Pause**. When pressed, the workout pauses and you can choose to **Resume** or **Finish** your workout. To continue your workout, touch **Resume**.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Table 10. Preset workout descriptions

Goal	Workout Details
Lose Weight	Choose from several courses designed to encourage weight loss.
Be Fit	Maintain your fitness level so you can stay active and fit.
Get Toned	Tone your legs. Pick a focus of calf, thigh, or gluteal region.
Push Performance	Choose a high-intensity interval or work on distance training.
Test Your Fitness	Test your fitness level based on your age and weight.

Ending a Workout

To end your workout, press **Pause**, and then **Finish**. A summary screen for your current workout appears. The measurements include:

- Distance
- Calories
- Duration
- Average movement rate/min (or the appropriate measure based on equipment type)
- Average Heart Rate

Personal Information and Progress Settings

Before you begin the fitness tests or the heart rate program, you are prompted to enter personal information in the Workout Progress panel. This information may include age, weight, or a length of time for that workout session. The equipment uses this information to compute your energy expenditure during that workout if you are tracking status such as calories or watts.

To enter your personal settings:

1. Begin exercising by touching **Quick Start**™ or selecting **Workout**.

   A Workout Progress panel appears on the screen.
2. In the panel, touch **Duration** to enter how much time you want to exercise.
3. In the panel, touch **Personal Info** to enter your age and weight.

Table 11. Examples of Personal Information settings

Setting	Setting Options	Default Value	Access	Detail
Age	• Over 85 • 75 - 84 • 65 - 74 • 55 - 64 • 45 - 54 • 36 - 44 • 35 • 25 - 34 • 18 - 24 • Under 18	35	**Admin/Tech:** None	Enter age as a value or a range.
Weight	• Over 310 • 290 - 309 • 270 - 289 • 250 - 269 • 230 - 249 • 210 - 229 • 190 - 209 • 171 - 189 • 170 • 150 - 169 • 130 - 149 • 110 - 129 • Under 110	170	**Admin/Tech:** None	Enter weight as a value or a range.

Adjusting the Workout Intensity

To adjust the equipment incline, speed, and/or resistance, use the motion controls located just below the console keys.

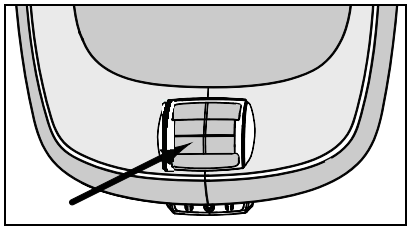

Figure 16: Motion controls

Adjust the motion controls, upward or downward, to change the incline, speed, or resistance.

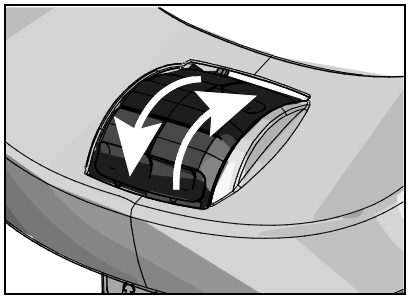

Figure 17: Adjust motion controls up or down

Many preset workouts will adjust these settings automatically to meet the workout intensity. At any time during a workout, you can adjust control settings and override the default workout settings.

Viewing Your Workout Status While Exercising

The Status Bar contains status measurements and is visible across the top of the viewing screen. Information displayed in the Status Bar helps you measure how your body is responding to the exercise session. The default status measurements displayed are:

- Total Distance
- Calories Burned
- Time Remaining
- Average Speed (displayed as strides per minute, pace, or RPM depending on equipment type)
- Heart Rate

You can modify how a measurement appears in the Status Bar. For example, you can view the length of your exercise session as time elapsed, or as time remaining.

There are two ways to modify the display:

- Change the default value setting.
- Change the view on the Status Bar.

To modify the status measurement using the Status Bar:

1. On the **Status Bar**, touch the corner arrow on the status category to pull down the menu.
2. On the drop-down menu, touch an alternate display measurement to display in the Status Bar.

   The alternate measure moves to the top of the Status Bar and replaces the default measurement. The menu closes.
3. Touch the arrow again to retract the menu.
4. Repeat with any status category to customize your workout status view.

   Note: Administrators and registered service technicians can override status settings.

Scoring Your Fitness Workout

This information helps you interpret your score for the **Test Your Fitness** workout.

The score for this test is determined by this formula: Rate of oxygen (O_2) consumption, in ml per minute, modified for the user's maximum heart rate (220 - age), divided by the user's weight in kilograms.

Table 12. Fitness score reference tables

Low Fitness Level

Age	Low Fitness Male	Low Fitness Female
28 - 39	< 35	< 28
40 - 49	< 35	< 26
50 - 59	< 29	< 24
60 and over	< 24	< 22

Medium Fitness Level

Age	Medium Fitness Male	Medium Fitness Female
28 - 39	35 - 42	28 - 33
40 - 49	32 - 39	26 - 31
50 - 59	29 - 36	24 - 29
60 and over	24 - 31	22 - 26

High Fitness Level

Age	High Fitness Male	High Fitness Female
28 - 39	> 42	> 33
40 - 49	> 39	> 31
50 - 59	> 36	> 28
60 and over	> 31	> 26

Chapter 5

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals suggested. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment uses an optional power adapter, disconnect the adapter.**

Cleaning the Console and Display

The console and screen require little maintenance once installed. Precor recommends that you clean the console and screen before and after each exercise session.

To remove dust and dirt from the console:

- Wipe all exposed surfaces with a soft cloth that you have moistened with a solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**).

To clean the screen:

- The manufacturer recommends diluting one part 91% isopropyl alcohol solution in one part water, or using the 91% isopropyl alcohol solution in its original strength. Be sure to follow the solvent manufacturer's precautions and directions when using any solvent.

CAUTION: Potentially hazardous situations associated with the use of isopropyl alcohol may result in minor or moderate injury and property damage. To avoid these situations, follow all instructions and recommendations in the manufacturer's Material Safety Data Sheet and product label.

Important: *Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids directly on the console or console's screen.*

- *It is important to avoid using any corrosive chemicals on the console or screen.*
- *Always dampen the cloth and then clean the screen. Be sure to spray the cleaning liquid onto the cloth, not the screen, so that drips do not seep into the console.*
- *Apply the cleaner with a soft, lint-free cloth. Avoid using gritty cloths.*

Changing the Belt (Newer Model AMT Only)

The newer model AMT uses belts to provide motion. These belts eventually wear and must be replaced.

When the belt stride count reaches 90 million, the message **BELTS MUST BE CHANGED SOON** scrolls on the Welcome screen. While this message appears, the AMT operates normally.

Important: *If this message displays on your AMT, please contact Precor Customer Support for assistance.*

When the belt stride count reaches 100 million (and the belt has not been changed), the message **BELTS CHANGE REQUIRED** scrolls continuously on the Welcome screen. The input keys are not functional and the user cannot enter values or begin a workout until the belts are changed. Please contact Precor Customer Support to schedule a belt change.

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Edition Information

ASSEMBLING AND MAINTAINING TRM 800-SERIES TREADMILLS

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Important Safety Instructions

Read the following precautions thoroughly before you begin assembly, and save them afterward for future reference.

Safety Precautions

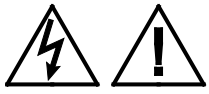
Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Proper Location for Equipment
    - For all equipment other than treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
    - For treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the assembly and maintenance guide. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.

- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Also, verify that the running belts on treadmills are clean and running smoothly.
- Do not allow runners over 350 pounds (160 kg) or walkers over 500 pounds (225 kg) to use the treadmill.
- If you plan to move the equipment, obtain help and use proper lifting techniques. Refer to the "Moving the Equipment" section of the assembly and maintenance guide.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Safety Code

The club owner or manager has the option to enable the safety code. With the code enabled, a user must enter four number keys in the correct order before using the equipment. If the user does not press the correct keys within two minutes, he or she is denied access to the equipment.

Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the console at all times.
- On treadmills, straddle the running belt and attach the safety clip to clothing at waist level before touching the control console.

  Important: *For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1.6 kilometers per hour).*
- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20ºC and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

Treadmill Grounding Instructions

The treadmill must be grounded. If the equipment malfunctions or breaks down, grounding draws off electric current and reduces the risk of electric shock. The power cord on the treadmill is equipped with a grounding conductor and a three-pin grounding plug. This plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to ground the treadmill properly may void the Precor Limited Warranty.

DANGER **Improper connection of the grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are not sure whether the equipment is properly grounded. Do not modify the plug provided with the treadmill. If the plug does not fit the outlet, have a proper outlet installed by a qualified electrician.**

Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp isolated branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

***Important**: An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.*

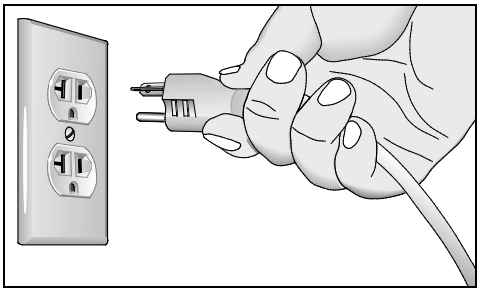


Figure 1: North American 120-volt, 20-amp power receptacle

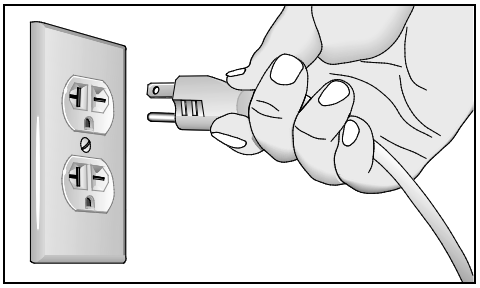


Figure 2: North American 240-volt, 20-amp power receptacle

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at *http://www.precor.com*.

Obtaining Updated Documentation

Current documentation for Experience Series consoles and Preva Networked Fitness software is available at **http://www.precor.com/productmanuals**. You may want to check in for updated information from time to time as the universe of Preva features expands.

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Chapter 1

Assembling the Treadmill

Important: *The instructions in the following procedures are described from the perspective of a person standing* **directly in front of the equipment** *(that is, on the opposite side of the control console from a person using the equipment). These descriptions may not match the names of certain parts in the parts list, because such parts are named relative to the back of the equipment.*

WARNING **You will need assistance to assemble this unit. *DO NOT attempt assembly by yourself*.**

To prepare the treadmill for assembly:

1. Have your assistant help place the shipping carton close to the location where you plan to use the treadmill. Break down the sidewalls of the shipping carton so that they lie flat. Remove the loose contents of the carton.

   CAUTION: Use safe lifting techniques throughout the following steps. To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

2. With the help of as many assistants as necessary, lift the treadmill off of the pallet and roll it gently onto the floor.
3. **Make sure that the power switch is OFF.** Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position. Make sure that the treadmill is **not** plugged into a power source.

   Note: In the following step, do not roll the treadmill over its power cord.

4. Lift the unit by placing hands on opposite sides of the rear cross brace found under the treadmill's running belt. Roll the treadmill on its front wheels to the area where it will be used.

5. Remove the shipping fasteners from the front panel using a ¼-inch hex key and a ½–inch box-end wrench.
6. Remove any tape or wire ties securing the console cable to the side of the unit.

Before you begin, verify that you have received the following parts:

- Base frame assembly
- Left and right upright supports
- Center fairing with handrails
- Hardware kit

Installation Requirements

The location where the treadmill is installed must provide power connections that supply the appropriate voltage, a 20A dedicated branch circuit, and grounding as specified on the treadmill.

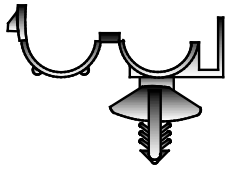
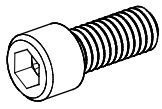
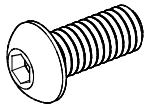
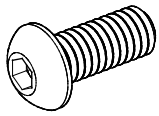
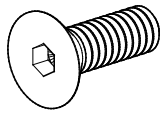
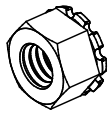
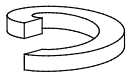
CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor Limited Warranty if the treadmill is connected to an improper power source.

Required Tools

- ¼-inch hex wrench
- 5⁄32-inch hex wrench (ball end is desirable)
- ½-inch box-end wrench
- Bubble level
- #2 Phillips screwdriver
- String or fish tape
- Wire cutter

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Fasteners		Quantity
	Power cord clips	6
	5⁄16-inch x 3⁄4-inch socket head screws	8
	5⁄16-inch x 3⁄4-inch buttonhead screws (zinc finish)	6
	5⁄16-inch x 3⁄4-inch buttonhead screws (black finish)	4
	Flat head hex drive screws (1⁄4-inch x 3⁄4-inch)	4
	5⁄16-inch locknuts with star washers	4
	5⁄16-inch split lock washers	10
	5⁄16-inch flat washers (zinc finish)	6
	5⁄16-inch flat washers (black finish)	12

Note: Retrieve the cables and other hardware shipped with the console before you begin installation.

Unpacking the Cables

To connect the console to the base unit, you may need up to five cables, as follows:

- Ethernet (P80 only)
- Television (P80 only)
- Power (P80 only)
- Base unit data
- Automatic stop sensor (Auto Stop™)

The first three of these cables are shipped with the P80 console. The remaining two are shipped inside the treadmill fairing.

To unpack the cables:

1. Open the box containing the P80 console. Retrieve the Ethernet, television, and power cables.
2. Remove the two screws holding the center column cover in place. Remove the cover and set it aside, along with the two screws.

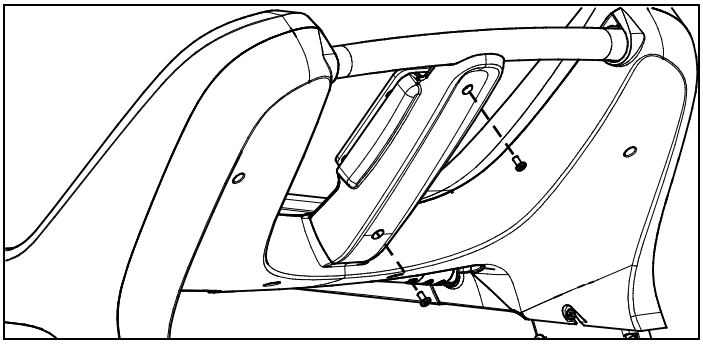


Figure 3: Removal and replacement of the center column cover

3. Remove the seven screws holding the back cover in place. Snap the back cover loose and set it aside, along with the seven screws.

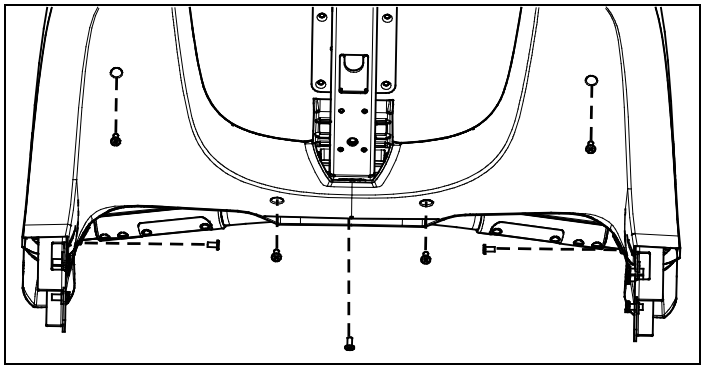


Figure 4: Removal and replacement of the rear fairing cover

4. Remove the two ends of the base unit data cable from the left arm of the fairing (position 1 in the following illustration). Route the shorter of the two cable ends into the fairing and extend the long end outward.

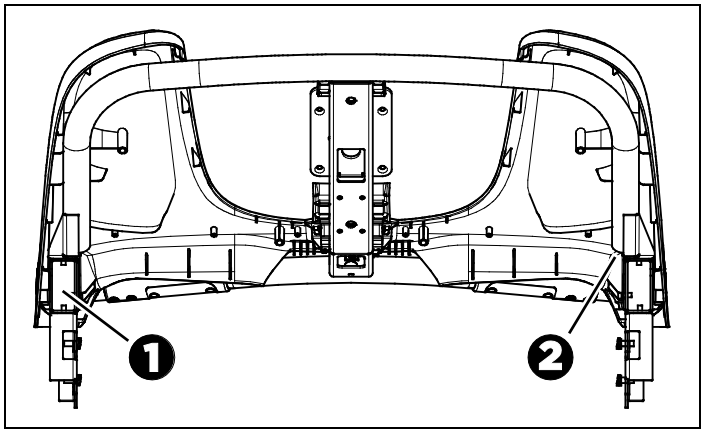


Figure 5: Cable storage locations in the treadmill fairing: base unit data cable (1) and Auto Stop cable (2)

5. Remove the Auto Stop cable from the tube on the right-hand side of the fairing (position 2 in the preceding illustration).

   Important: *In the following step, make sure that the end of the data cable with the ferrite bead is the upper end. Likewise, on the automatic stop sensor cable, the three-conductor socket is the lower end and the four-conductor socket is the upper end.*

6. Remove any tape or ties that secure the cables, then unwind them and remove any kinks. Gather the cables into a single bundle (referred to later as the *cable assembly*).

   Note: Arranging the cables so that the connectors are slightly staggered at the bottom end (but still within one inch or three centimeters overall) can help when feeding the cable assembly through narrow openings in the frame.

Assembling the Frame

DANGER **Make sure that the treadmill is not connected to any power source before you begin the following procedures.**

As you add the left-hand and right-hand upright supports to the treadmill base, you will need to make sure that the cable assembly is threaded properly through the left-hand support so that the necessary connections are available when you add the control console. A fish tape (a thin metal strip with a hook or clasp on one end, available from professional hardware vendors) can be helpful during this procedure.

To begin assembly of the frame:

1. Remove the hood and set it aside.

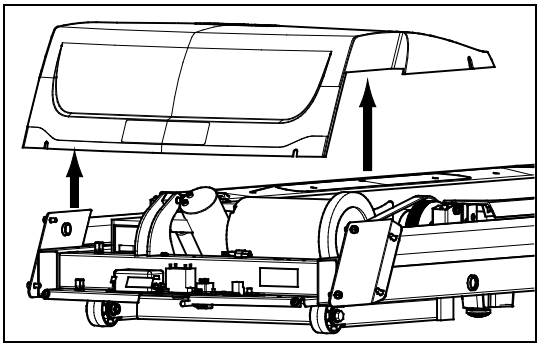


Figure 6: Hood removal

2. Place the right-hand upright support into the base frame side bracket.

3. Secure the right-hand upright support to the side bracket using four socket head screws, four black washers, and two locknuts. Partially tighten the fasteners.

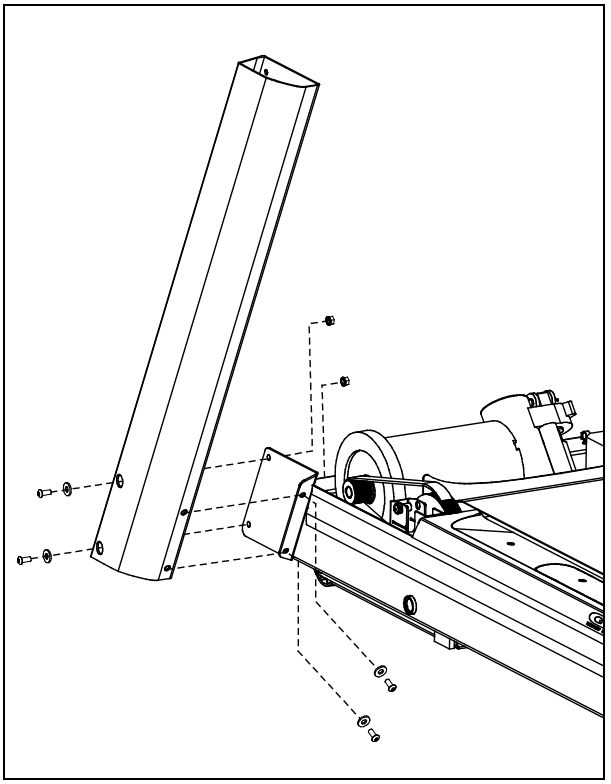


Figure 7: Upright support attachment, right side

4. Using the fabric connectors provided, attach the power supply to the right-hand side of the front crossmember on the treadmill base. (The gray rectangle in the following illustration shows where you should mount the power supply.)
5. Route the DC output cable of the power supply through the clips between the power supply and the belt motor. Pass the end of the cable under the mounting bracket for the lift motor.
6. Connect the black three-conductor plug on the AC wiring harness to the socket on the power supply.

To thread cables through the frame:

1. Feed the cable assembly downward through the left-hand upright support and out through the opening in the lower end of the support. Drape the remaining cable over the front of the support and tape it into place if necessary to secure it temporarily.
2. Feed the cable assembly through the grommet in the left-hand side bracket of the base frame. Connect the individual cables as shown in the following illustration and table.

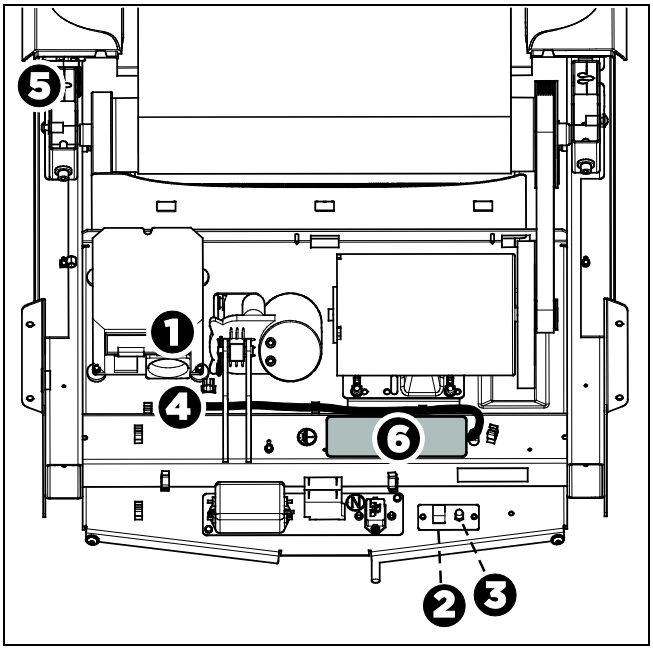


Figure 8: Cable connections and mounting points in the treadmill base

Table 1. Cable connections and mounting points in the treadmill base

Component	Appearance	Lower connection point
Base unit data cable	Flat with silver insulation	1
Ethernet cable	Flat with black insulation	2

Component	Appearance	Lower connection point
Television cable	Round with black insulation	3
Console power cable	Dual leads with red and black insulation	4
Auto Stop sensor cable	Round with black insulation	5
Power supply	Rectangular, black, 5" x 2¼" x 1¼"	6

CAUTION: Be careful not to cut or pinch any wires during the following step.

3. Place the left-hand upright support into the base frame side bracket.
4. Secure the left-hand upright support to the side bracket using four socket head screws, four black washers, and two locknuts. Partially tighten the fasteners.

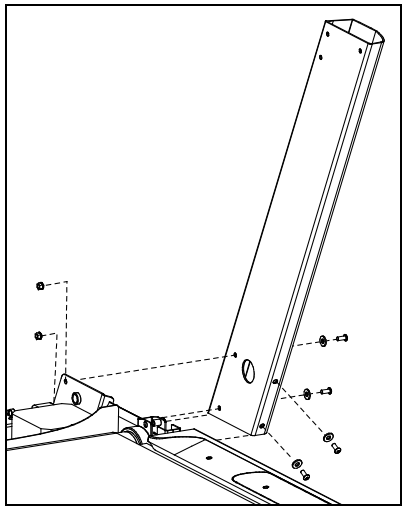


Figure 9: Upright support attachment, left side

5. Lower the treadmill fairing assembly over the upright supports and align it to them.

   Important: *In the following step, take care not to unseat any of the components in the stop switch.*
6. Feed the upper end of the cable assembly through the fairing so that its upper end extends through the bottom opening in the center column and out the round opening in the console mounting plate.

7. Route the cable assembly through the cable guides in the fairing, then wrap the guides around the cable assembly to secure it. Push any extra cable into the upright support.

   Note: In the following step, use the zinc-finish buttonhead screws and flat washers from the hardware kit.

   ***Important*:** *Do not wrench-tighten the fasteners in the following step until the unit has been fully assembled. Make sure the fasteners do not pinch any cables. The Precor Limited Warranty does not cover cables damaged by improper installation.*

8. Secure the fairing assembly using six buttonhead screws and six washers. Partially tighten the fasteners.

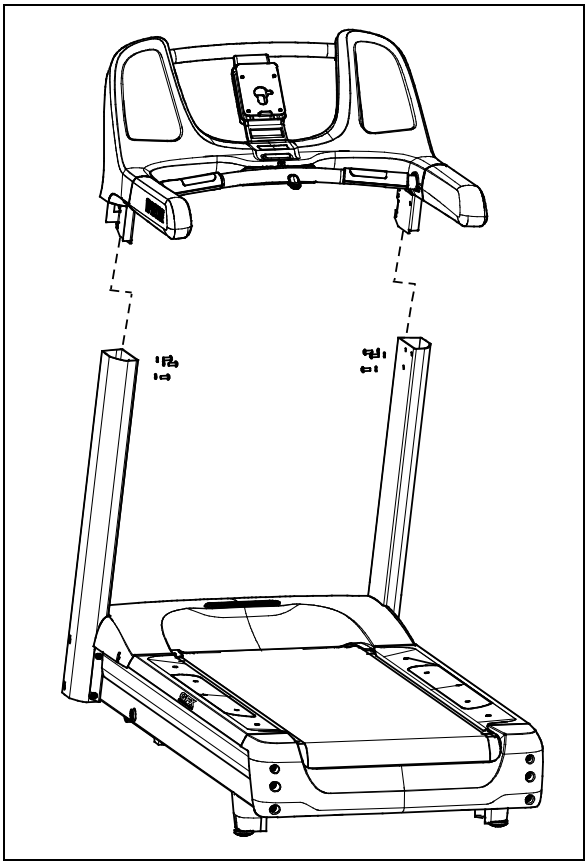


Figure 10: Handrail and console assembly attachment

9. Position the ferrite bead on the lower unit data cable inside the left arm of the fairing and secure it in place using a plastic tie.

Completing Assembly

After the upright supports and the fairing are in place, replace the hood on the treadmill base and finish securing the fasteners.

CAUTION: Be aware of the handrail extensions when you are working around the front of the unit. It is easy to bump your head or sustain other injuries if you ignore the location of the handrail extensions.

To secure the fasteners:

1. Using an alternating order, tighten the eight fasteners that secure the upright supports to the treadmill base.
2. Fully tighten the six screws that secure the console fairing to the upright supports.

To complete assembly of the treadmill base:

***Important*:** *Use your fingers to align and thread the four hood fasteners properly. Then use a wrench to tighten the hood fasteners completely as described in the following step.*

1. Thread the four black buttonhead screws (with black washers) into their holes, leaving gaps of about ¼ inch between the heads of the screws and the surface of the treadmill frame.
2. Place the front of the hood on the two front screws. Make sure the screws are aligned with the notches in the hood and the washers are outside the hood.
3. Lower the back of the hood until the side screws rest inside the notches in the internal wall of the hood. Make sure the washers are outside the internal wall (on the same side as the screw heads).
4. Tighten all four screws securely, starting with the front screws.

Note: Using a hex wrench, reach through the openings in the outer sides of the hood to tighten the side screws.

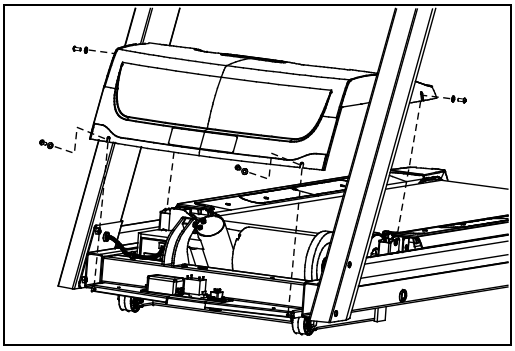


Figure 11: Hood and fastener placement

Attaching the Power Cord Clips

This treadmill includes a set of clips that hold the power cord away from the incline lift movement and other potential sources of wear and damage. Use these clips to secure the power cord to the base frame beneath the hood.

***Important*:** *When attaching the power cord clips, keep users' safety and the placement of the power cord in mind. If the power cord runs along the length of the treadmill, use the power cord clips to secure it to the side rail.*

To attach the power cord clips:

1. Wrap the clip around the power cord near the power switch at the front of the treadmill and clamp it shut.

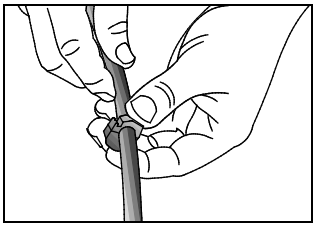


Figure 12: Clip placement on power cord

2. Insert the serrated portion of the clip into the hole located under the front of the unit on either side of the power switch.

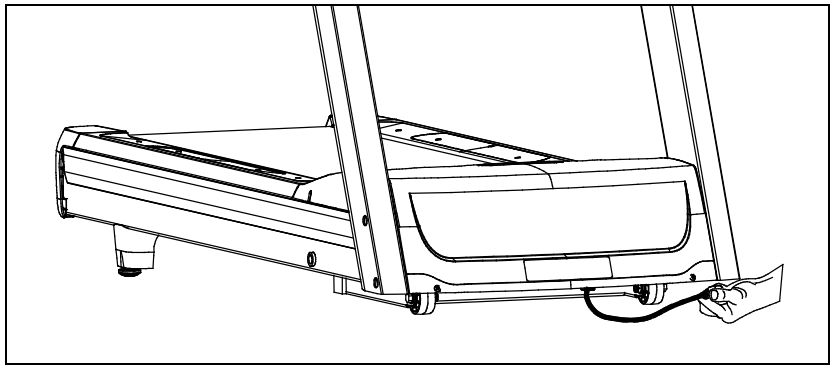


Figure 13: Power cord placement under front of treadmill

3. Place the clips along the length of the power cord as needed while you direct the cord to the power outlet. The holes, found in the frame beneath the side rail, are spaced 12 inches (31 cm) apart along the length of the side rail.

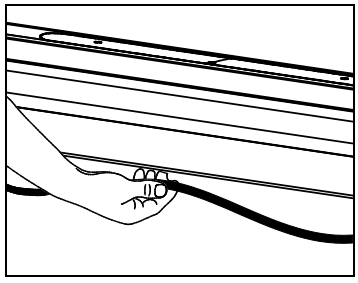


Figure 14: Power cord placement under side of treadmill

Checking Treadmill Alignment and Adjusting the Running Belt

Before you allow anyone to use the treadmill, you must check the alignment of the running belt and adjust it as needed. For more information, refer to *Checking the Alignment of the Running Belt* and *Adjusting the Running Belt* in the *Maintenance* chapter.

Leveling the Unit

The treadmill deck must be absolutely level from side to side to keep the belt in alignment and ensure proper operation. If the load is not equally distributed across the treadmill deck, users may feel excessive vibration or observe it at the console. You must make sure the deck is level before allowing anyone to use the treadmill.

Important: *Observe the following precautions throughout this procedure:*

- *Adjust only one rear foot at a time.*
- *Do not raise the unit beyond ¾ inch (2 cm).*
- *Install the unit only on an absolutely even surface. Adjusting the rear feet cannot compensate for variations in the surface under the unit.*

To level the treadmill:

1. Place a bubble level across the running belt to see whether the treadmill is level.

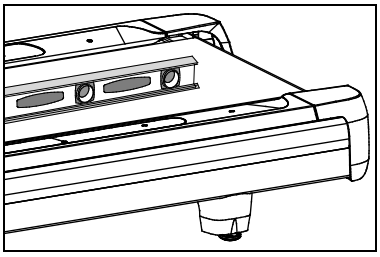


Figure 15: Bubble level placement on running belt

If the treadmill ...	*Then ...*
Is level	Skip to the next procedure.
Is **not** level	Continue with step 2.

2. Position yourself next to the adjustable rear feet.

   Important: *Be sure that your assistant uses proper lifting techniques in the following step.*

3. Ask a capable assistant to lift the rear portion of the treadmill (using proper lifting techniques).

4. Adjust the rear feet as needed.

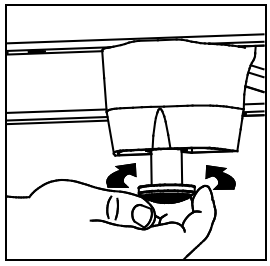


Figure 16: Leveling foot adjustment

5. Repeat steps 1 through 4 until the treadmill is level.
6. If necessary, adjust the rear feet so that the user's weight is distributed evenly on the treadmill.

Plugging In the Power Cord

CAUTION: Use the supplied power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter to use a non-grounded outlet. Do not plug the unit into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and void the Precor Limited Warranty.

After assembly is complete, plug the power cord into an appropriate outlet.

***Important*:** *The treadmill requires a 20-amp dedicated branch circuit. Refer to* Treadmill Grounding Instructions.

Breaking in the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

Chapter 2

Installing the Console

To make installation easier, all Precor Experience Series consoles use the same mounting hardware and connector locations whenever possible. The installation sequence for any of them is as follows:

- Threading the cable assembly
- Connecting cables
- Completing the installation (tightening the mounting screws and attaching the back cover)

The following sections describe how to perform these tasks.

Threading the Cable Assembly (P80)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. To remove the cover, use your fingernails to pry the lower edge loose, then swing the cover up and out as shown in the following illustration.*

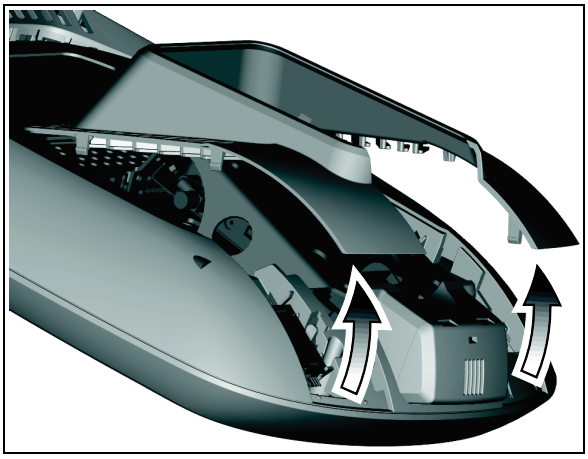


Figure 17: Removing the access cover from the P80 console

To thread the cable assembly:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.
3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.

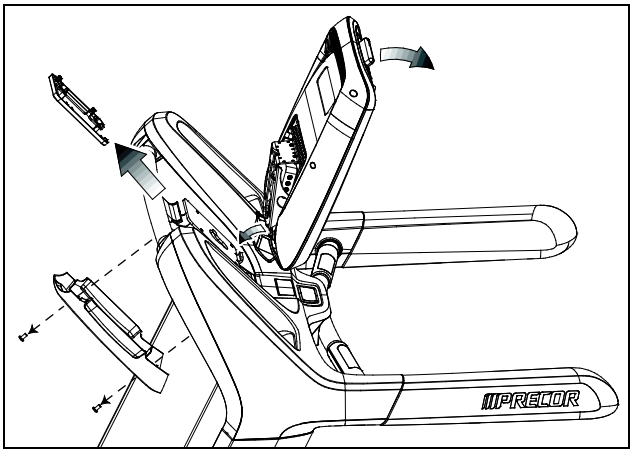


Figure 18: Console positioning on base unit

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.
5. Using a #2 Phillips screwdriver, remove the two #8-32 x ½" pan-head machine screws securing the upper back cover of the fairing, as shown in the previous figure. Set the cover and the screws aside.

Connecting Cables (P80)

After the console has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

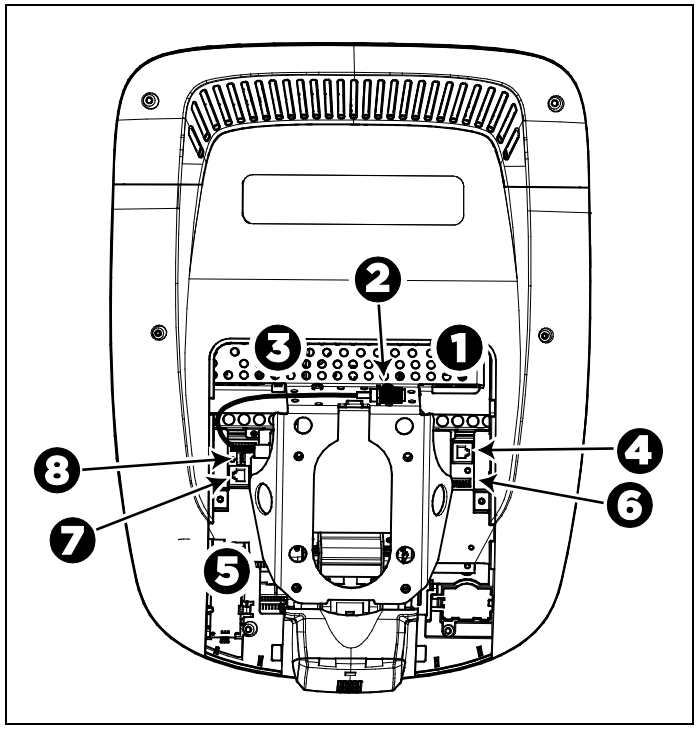


Figure 19: Cable connections, P80 console

Table 2. P80 internal cable connections

Cable	Connector Type	Circuit Connector Location
Ethernet (LAN)	Eight-contact modular, on round black cable	1

Cable	Connector Type	Circuit Connector Location
TV in	F-type coaxial	2
Power	Two-contact plug, polarized and latched	3
Data from base unit	Eight-contact modular, on flat gray cable	4
Heart rate sensors	Four-contact strip, keyed	5
Safety key (treadmills only)	Six-contact strip, keyed	6
CSAFE	Eight-contact modular, on flat gray cable	7
Auto Stop sensor (treadmills only)	Four-contact strip, keyed	8

To simplify installation and maintenance, route and connect cables 1 through 5 according to the following instructions.

Note: In the illustrations in this section, some cables are omitted for the sake of clarity.

Connecting the Television Cable

The console's television tuner is mounted inside the console's back plate. The tuner includes a short cable adapter that allows the television cable to be connected outside the back plate.

To connect the television cable:

1. Pull the cable out through the lower right corner of the back plate.
2. Route the cable counterclockwise around the outside of the back plate.
3. Attach the connector on the cable to the connector on the tuner cable and tighten the two connectors securely using two 7/16-inch open-end wrenches. Position both connectors above the upper right corner of the back plate.
4. Use a plastic tie to secure the connectors to the top of the back plate. Pass the tie through the two small holes near the upper right corner of the back plate, then wrap it around the connectors and tighten it securely. Cut off and remove the protruding end of the tie.

The following illustration shows how the cable is positioned once it is installed.

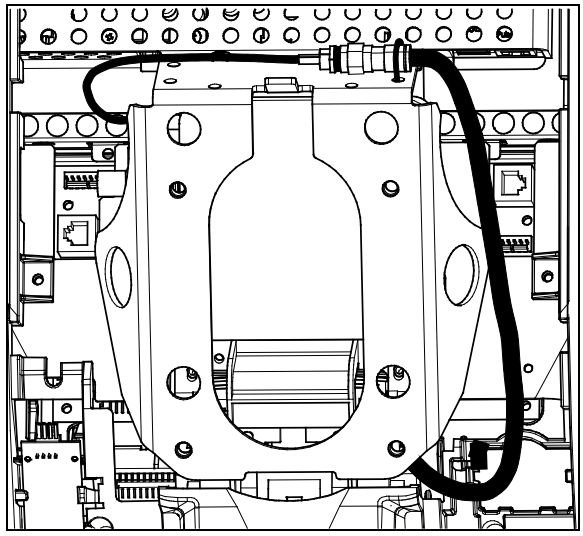


Figure 20: Connecting the television cable

Connecting the Ethernet and Base Unit Data Cables

Both the Ethernet and base unit data cables pass through the cutaway opening at the upper right corner of the back plate and connect to nearby modular jacks in the console. Because of this, it is important to exercise caution when connecting the cables. The black Ethernet cable connects to a jack just underneath the perforated metal bracket at the very top of the opening in the console. The gray base unit data cable connects to a lower jack closer to the back plate.

Refer to the following illustration for the correct position of both cables.

CAUTION: If you connect the base unit data cable to the wrong jack, the equipment will not function.

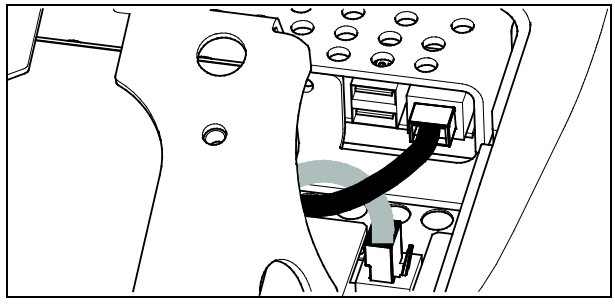


Figure 21: Connecting the Ethernet and base unit data cables

Connecting the Heart Rate Sensor Cable

The heart rate sensor cable passes through the cutaway opening at the upper left corner of the back plate, then down to the small circuit board at the lower left of the console. The following illustration shows how the cable should look once it is installed.

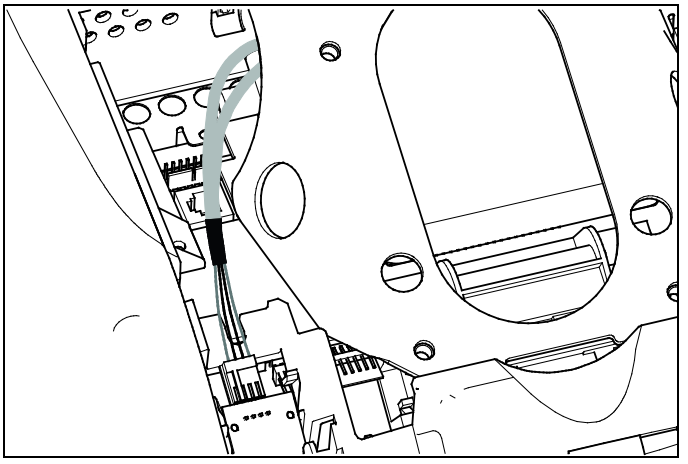


Figure 22: Connecting the heart rate cable

Connecting the Power Cable

Like the tuner, the console's upper circuit board is equipped with a cable adapter that relieves you of attempting to attach a cable to a recessed jack. To connect the power cable, route it through the cutaway opening at the upper left corner of the back plate and plug it in to this adapter.

The following illustration shows how the cable should look once it is installed.

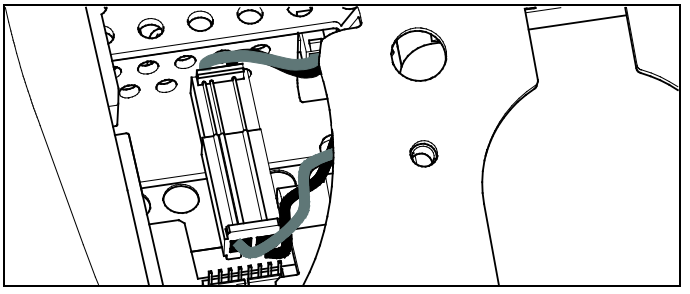


Figure 23: Connecting the power cable

Completing the Console Installation (P80)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four ⅝-inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a ⅝-inch hex wrench.
4. Line up the two small tabs at the top of the console's back cover with the slots at the top of the opening in the console case. Insert the tabs into the slots.
5. Insert the remaining tabs on the back cover with the corresponding slots on the console case.
6. Press gently on the edges of the back cover to snap it into place.

Threading the Cable Assembly (P30 and P20)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. Set the cover and its mounting hardware aside for later use.*

To thread the cable assembly:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.
3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.

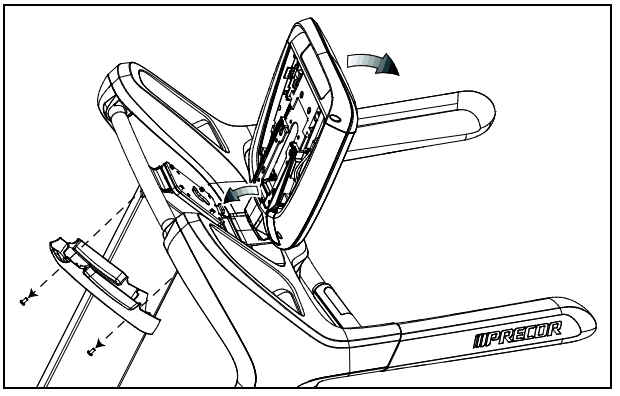


Figure 24: Console positioning on base unit

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.
5. Pull all cables upward and forward until you can drape them over the top of the console's back plate.

Connecting Cables (P30)

After the console has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

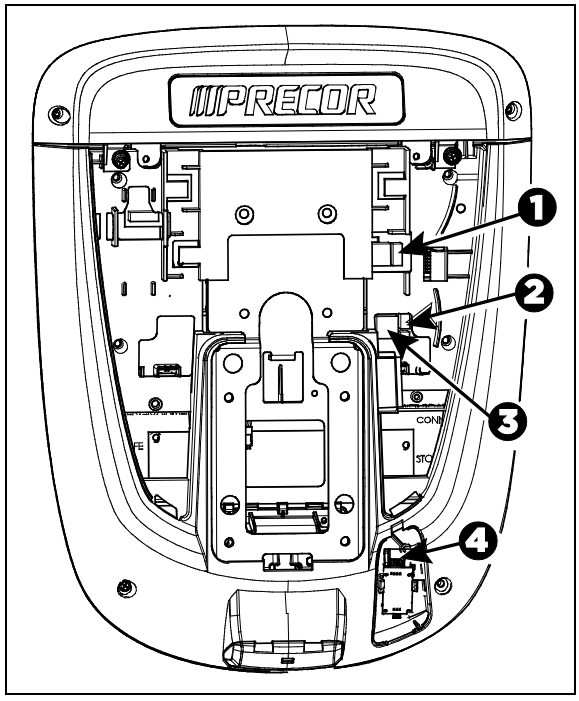


Figure 25: Cable connections, P30 console

Table 3. P30 internal cable connections

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	1
Auto Stop sensor (treadmills only)	Four-contact strip, keyed	2
Data from base unit	Eight-contact modular, on flat gray cable	3
Heart rate sensors	Four-contact strip, keyed	4

Connecting Cables (P20)

After the console has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

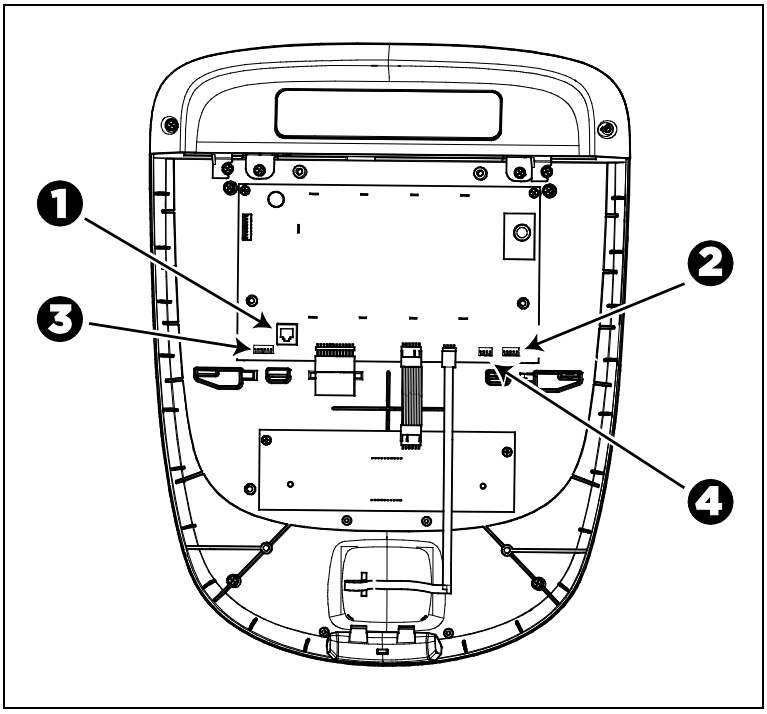


Figure 26: Cable connections, P20 console

Table 4. P20 internal cable connections

Cable	Connector Type	Circuit Connector Location
Data from base unit	Eight-contact modular, on flat gray cable	1
Heart rate sensors	Four-contact strip, keyed	2
Safety key (treadmills only)	Six-contact strip, keyed	3
Auto Stop sensor (treadmills only)	Four-contact strip, keyed	4

Completing the Console Installation (P30 and P20)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four ⅝-inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a ⅝-inch hex wrench.
4. Line up the two small tabs at the bottom of the console's back cover with the slots at the bottom of the console case. Insert the tabs into the slots.
5. Insert the two #8–32 x ½-inch Phillips-head screws that you removed earlier into the holes at the top edge of the console's back cover. Tighten the screws fully.

   Important*: Use caution not to pinch the cables between the back cover and PVS mounting screw heads.*
6. Fully tighten the four mounting screws (partially tightened in step 3) using a ⅝₃₂-inch hex wrench.

Reassembling the Treadmill Fairing

After the console is in place, reattach the two cover panels of the treadmill fairing.

Important: *In the following procedure, do not allow the fasteners to break or pinch any cables.*

To reassemble the fairing:

1. Verify that the cable assembly is secure inside the cable clips and that the ferrite bead on the base unit data cable is tied securely into place in the left arm of the treadmill.
2. Snap the rear cover into place and attach the seven screws you removed with it earlier.

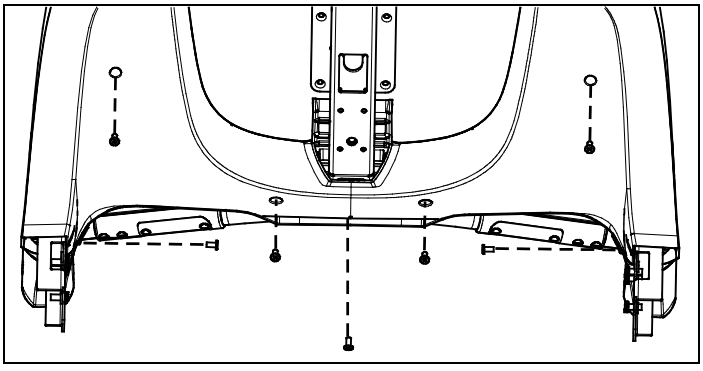


Figure 27: Removal and replacement of the rear fairing cover

3. Hold the center column cover in place and attach the two screws you removed with it.

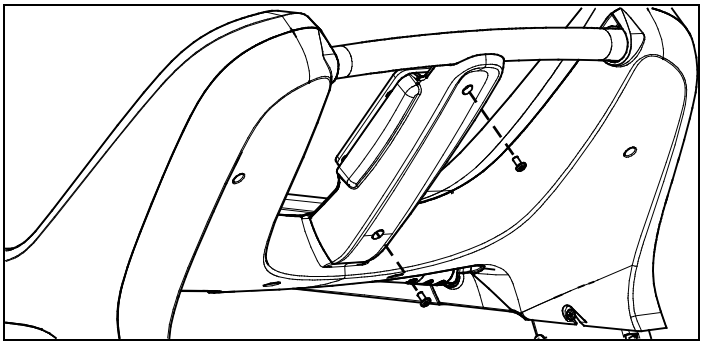


Figure 28: Removal and replacement of the center column cover

Verifying That the Heart Rate Display Is Operational

To verify that the heart rate display is operational:

1. Begin exercising on the equipment.
2. Grasp both touch-sensitive handlebars.

   Note: The heart rate is read within ten seconds. During that time, the heart on the display flashes.
3. Look at the HEART RATE display. After a few seconds, a number appears indicating your heart rate.
4. If a number does not appear in the HEART RATE display, check the cable connection to make sure it is properly connected.

Chapter 3

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.**

Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with one of the following cleaners:

- A solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**)
- ENVIR-O-SAFE oxygen enhanced cleaner or multi-task cleaner concentrate, diluted according to the manufacturer's instructions (for more information, visit **www.daleyinternational.com**)

Alternatively, you can clean the equipment with Athletix fitness equipment cleaning wipes (for more information, visit **www.athletixproducts.com**)

CAUTION: Read and follow the manufacturer's instructions, particularly dilution instructions, before using any cleaner on Precor fitness equipment. Do not use concentrated cleaners at full strength, or acidic cleaners of any kind; such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the running belt.

CAUTION: On treadmills, as you clean the hood or side rails, remain aware of the handrail extensions to avoid injury.

Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Worn, damaged, or missing safety lanyards or clips
- Any other indication that the equipment may be in need of service

***Important*:** *If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power) and move the equipment away from the exercise area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Weekly Maintenance

Perform the following maintenance tasks every week:

1. Elevate the tread to maximum incline, then turn off the power switch or circuit breaker and unplug the unit from the wall outlet.
2. Clean the floor under the equipment using a vacuum cleaner or a damp mop.
3. When the floor is completely dry, reconnect the power and return the treadmill to the level position.
4. Inspect the power cord to verify that it is not pinched under the equipment or between any two moving parts.
5. Test all console functions, including heart rate monitoring features.
6. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the Unit*.

Monthly Maintenance

DANGER **USE EXTREME CAUTION when the rear cover of any EFX is removed. Serious injury could result if fingers are pinched between the flywheel spokes, cranks, movable arms, and the drive weldment. Securing the movable arm to the crank with a clamp is recommended. Be aware of other people within your work area who might cause the arm to move.**

Perform the following maintenance tasks every month:

1. Clean the frame, cover and arms with water or an approved cleaner.
2. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
3. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either as sold or diluted with an equal amount of water).
4. Remove the rear cover. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).

5. Check the belt tension of the step-up and drive belts.
6. Clean and lubricate the lift motor screw with an approved grease such as SuperLube® with Teflon® or Mobil 1® synthetic grease (adjustable-ramp models only).
7. Check all fasteners for proper tightness and torque.
8. Replace all covers.
9. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the Unit*.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (refer to *Obtaining Service*).

CAUTION: For your safety, use the power switch to turn OFF the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on it.

***Important*:** *This procedure uses the terms "left" and "right" as they would appear to a person standing behind the treadmill and facing the console. Make all belt adjustments on the adjusting bolts at the rear corners of the treadmill, using the hex key provided, and do not turn either bolt more than ¼ turn before checking the alignment of the running belt again. Overtightening the adjusting bolts can damage the treadmill.*

To adjust the running belt:

1. Locate the adjusting bolts in the end caps at the rear corners of the treadmill, as shown in the following diagram.

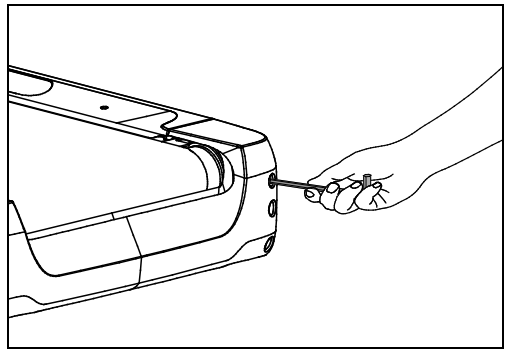


Figure 29: Location of the adjustment bolt

2. Using the hex key, move one of the adjusting bolts ¼ turn counterclockwise to loosen it.

If the belt tracks off center ...	*Then loosen ...*
To the left	The right adjusting bolt
To the right	The left adjusting bolt

3. Recheck the belt position as described under *Checking the Alignment of the Running Belt*.

Note: If slippage occurs, tighten both adjusting bolts evenly until it stops. Do not overtighten the belt.

Checking the Alignment of the Running Belt

Proper alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (refer to *Obtaining Service*).

CAUTION: Take special care when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Do NOT wear loose clothing or allow your hair to hang loose during this procedure. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To align the running belt:

1. Make sure that the running surface is as level as possible. If necessary, adjust the rear feet as shown in the Assembly Guide to level the treadmill.

   Note: Adjusting the rear feet cannot compensate for extremely uneven surfaces. If you cannot make the running surface level and stable, move the treadmill.
2. Turn the treadmill ON.
3. Standing **beside** the treadmill (not on it), press GO on the console.
4. If necessary, enter the safety code by pressing the number keys in sequence. The running belt starts automatically after a 3-second countdown appears on the console.
5. Press the SPEED UP key until the console shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

6. Observe the belt from the rear of the treadmill for a few minutes. The belt should remain centered along the running bed. If it drifts off center, adjust it. Refer to *Treadmill: Adjusting the Running Belt*.

   ***Important*:** *Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
7. Press the red STOP button to stop the belt.
8. Turn the treadmill OFF.

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

***Important*:** *The plastic end caps on Precor treadmills are designed specifically for lifting. Working with your assistant, place a hand under each side of the end cap. Then, using proper lifting techniques, lift the rear of the treadmill so that it rolls on its front wheels.*

The treadmill can be easier to move if it is in an inclined position.

To put the treadmill into an inclined position for moving:

1. Press GO on the console.
2. Increase the incline level to 4 or more.
3. While the treadmill is running, turn the main power switch OFF.
4. Disconnect the treadmill's power cord.

Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- Turn it OFF.
- If it has a power cord, disconnect the cord.
- If it has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

Chapter 4

Treadmill Safety Features

Before allowing users on Precor equipment, review the *Important Safety Instructions* in this manual. You should also teach your patrons how to use the equipment safely, according to the guidelines on.

Entering the Safety Code

When the equipment is shipped from the factory, safety code protection is not active.

After you have activated the safety code, you must inform your patrons that the equipment requests a safety code to prevent unauthorized use. They must complete the following steps to use the equipment.

To enter the safety code and start the treadmill:

1. Assume the starting position, with one hand free to enter the code and the other hand holding a handrail.

   ***Important*:** *Hold the handrail securely with at least one hand throughout the following steps.*
2. When you see the banner text on the console, select a program or press GO.
3. When you are prompted to enter the safety code and unlock the treadmill, press the 1, 2, 3, and 4 keys in order.

   If you have entered the code correctly, the workout begins. Otherwise, the equipment pauses for two seconds and then prompts you to enter the code again. Pressing five or more keys returns you to the initial safety code prompt.

Note: On a treadmill, a 3-second countdown appears on the console before the running belt starts to move.

Using the Treadmill Safety Clip

The treadmill is equipped with two different stop functions, which behave as follows:

If the user ...	*Then the treadmill belt ...*	*And the console ...*
Presses down on the red STOP button ❷	Slows to a stop	Shows that the exercise workout is paused
Pulls on the lanyard attached to the safety clip and trips the restart switch ❶	Slows to a stop	Shows the words PUSH TO RESET SWITCH and an arrow pointing to the Restart switch

The restart switch is located just below the console and immediately behind the red **STOP** button, as shown in the following illustration. When it is tripped, the bar pops up, displaying the words **PUSH TO RESET SWITCH** on its front side. The treadmill does not operate while these words are visible.

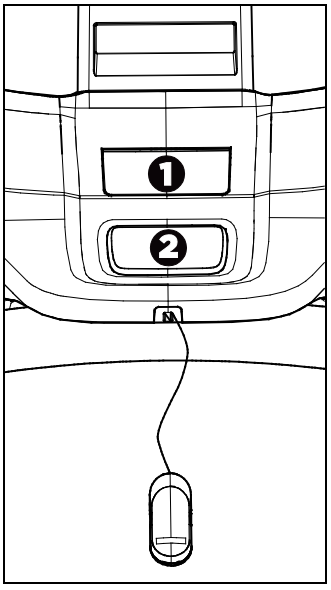


Figure 30: Restart switch

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

If the restart switch trips during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

   Note: If the restart switch trips, all information about the current workout is deleted.
3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

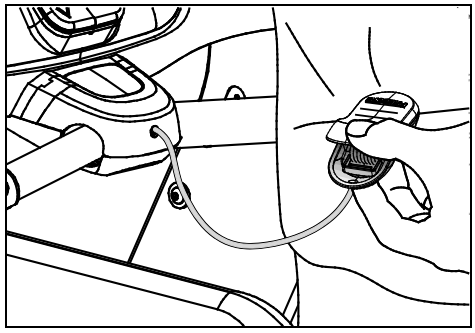


Figure 31: Attaching the safety clip

Turning the Treadmill On and Off

To turn the treadmill ON and OFF, use the power switch located beneath the hood, near the power cord receptacle.

Important: *When the treadmill is not being used, turn it OFF.*

Weight Limit

Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill.

Location

The area around the treadmill must remain open, and free of interference from objects such as other equipment, at all times. In addition, for user safety and proper maintenance, an area three feet (one meter) wide by six feet (two meters) long must remain open and free of interference directly behind the running belt.

Chapter 5

Commercial Cardiovascular Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

All Commercial Cardiovascular Products (excluding StretchTrainer, Strength Products, and coverage specific to certain models and options as defined below):

- Frame: 7 years
- Treadmill drive motor: 5 years
- Items subject to wear: 1 year
- All other parts (including mechanical parts and electronic parts): 2 years
- Labor: 1 year

880 Line Commercial Cardiovascular Products (superseding the coverage above where applicable):

- Labor on the P80 console: 2 years
- High wear items on the P80 console, including headphone jack, USB connector, and iPod® connector: 90 days

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
   a. it remains in the possession of the original purchaser and proof of purchase is demonstrated.
   b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
   c. claims are made within the warranty period.
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Precor is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet service provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
4. Precor is not responsible for the quality of television, video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware can include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
5. Precor cannot guarantee that the heart rate measurement system on its products will work for all users. Heart rate measurement accuracy varies based on a number of factors, including the user's physiology and age, the method in which the heart rate measurement system is used, external interference, and other factors that may influence heart rate acquisition.
6. Except in Canada, Precor does not pay labor outside the United States.
7. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software version upgrades.
2. Software defects that do not materially and negatively affect the normal performance of the product under normal conditions of use.
3. Consumable goods or cosmetic items of the product, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor.
4. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
5. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
6. Pickup and delivery involved with repairs.
7. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Complete this portion and keep for your records.

Purchased From: _____

Example: Dealer or store name.

Phone Number: _____

Example: Dealer or store telephone number.

Product/model: _____

Example: AMT 885 or EFX 883.

Serial number: _____

The serial number is found on the shipping container.

Effective 1 November 2010
P/N 36286-114

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TRM 800-Series PAG/OM 300713-341 rev G
Warranty #36286-114
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